10:Hasluck F-5 (1926-1939)1954 EGl Albania EGl

There is rough winter grazing among the shrubs especially for goats and cattle, and some agriculture in clearings, but the zone derives its chief riches from the many acres of fertile alluvial soil that adjoin the rivers.

Oaks, tall or dwarf, begin sporadically among the shrubs and continue as thick forests up to a height of 2900 feet near Shkodër and 3300 feet in warmer districts. Among them grow ash, aspen, chestnut, cornel, elm, hawthorn, hazel, hornbeam and limes. The majority of the 1140 villages in north Albania are found in this zone, for it best provides for Albanian needs. Though the soil is dry on the whole, it contains a sufficiency of springs. On the plateaux and gentler slopes there is enough arable land for subsistence farming, all that is possible among these rugged mountains. The copses and woods furnish winter grazing for small flocks and herds; an adjoining mountain furnishes the requisite summer feed. The copses and woods also provide fuel for the log-fires that in Albanian phraseology are 'the poor man's wealth'. Leaves lopped from the oak trees in autumn supply winter fodder which livestock eat with almost as much relish as they do hay, a scarcer commodity. It is this supplement to the grazing in the copses and woods which makes mixed farming possible in this zone; without it many animals could not get through the winter, and their number would have to be reduced. If it is sometimes hot in the forest in summer, the heat is never unbearable, and in winter the cold is never excessive. In general the zone is healthy. A little wheat is grown, but—as everywhere in Albania, the Myzeqe plain excepted—the staple crop is maize. The grain provides food, and the livestock luxuries and government dues as well.

In the next zone beeches grow singly, in small clumps, or in mighty forests such as those between Çermenikë and Martanesh where one may walk for seven hours in the daytime and never catch a glimpse of the sun. Still without roads to carry modern woodcutters and their tools to them, such forests are in the virgin state, the trees self-sown, the strong killing the weak, and the survivors growing bigger and bigger until they succumb in extreme old age to some winter blast, when they lie and rot where they fall. When communications are developed, this waste will stop and these forests become a very valuable asset. No grass grows in them or under isolated beeches, of course, but there are usually grass meadows in the clearings, some of which are enormous. Well watered from the same sources as the beeches and fat with humus

5: Kemp E-4, 5 (1926-1933)1935
EF6 Serbs EF6
Albania EG1

of the neck for dog bite. Venous blood was let from the arm or leg for almost any illness due to bad blood, including headache. An incision was made above the veins in the hollow of the elbow, made to swell by a ligature on the upper arm, and blood extracted by means of a small cup or glass. In taking blood from the head at Levač they bind the neck, and when extracting it from the arm the operators tie a cord above the elbow. When an abdominal swelling appeared after intermittent fever it was diagnosed as a disease of the liver or the spleen. According to which side of the body it was found the doctors made a small cut in the lobe of the right or left ear and extracted a few drops of blood. The swelling was treated directly with a plaster of pine tar spread on bread, and the patient also drank a decoction of herbs, including *Artemisia*, *Malva*, *Marrubium*.

STEAMING AND FUMIGATION

Sweating is effected by bathing in hot water, by fumigation and by steaming. Throughout the territory a very usual method of procuring steam is still by the method of dropping a red-hot iron or stone into a large vessel of water, over which the patient leans or sits. Possibly this is an example of an older procedure for heating water preserved specifically in therapeutic associations, since, in daily life, it would seldom be necessary now to resort to this clumsier method, convenient only for the preparation of sherbet and hot alcoholic drinks. It is used for heating large quantities of water, when it is not convenient to do so over a fire, or when the container is of wood, but the point is still that for steaming in illness it is done when there is no practical necessity at all. This may simply be because the doctors who advise this method themselves come from a less advanced material culture environment and are often from mountain districts. Yet I have seen it done in towns, for example, at Peć, and regard it as a survival. Thus it was when a person was suffering from piles or constipation, he sat on a plank, balanced on two chairs, over a hole, and a copper pan of water was placed below him.